What is claimed is:

1. A distribution server comprising:

an input unit for image data;

an image data re-construction unit;

a communication unit connected to a terminal; and

a monitoring trigger information generating unit for generating a monitoring trigger information that said terminal performs a receiving bit rate monitoring, wherein

said monitoring trigger information generating unit inserts the generated monitoring trigger into image data inputted through said input unit and outputs it to the terminal through said communication unit.

2. The distribution server according to claim 1, further comprising a bit rate switching control unit for feeding said image data to said terminal, and when said communication unit receives an image bit rate request command from said receiving terminal, said image re-construction unit switches the image bit rate to an image bit rate specified by said command to deliver the image data.

3. The distribution server according to claim 2, wherein as said monitoring trigger, a transmission start time for a fragment to be transmitted next is inserted into an extension part of said image data to be distributed.

4. The distribution server according to claim 3, wherein as said monitoring trigger, a transmission start

time for a fragment to be transmitted next is inserted into an extension part of said image data to be distributed.

5. A terminal device comprising:

a communication unit connected to a distribution server;

a reproducing unit for a received image data; and

a monitoring unit for monitoring a receiving bit rate of said received image data; and

an analysis unit for said received image data, wherein

said analysis unit extracts a monitoring trigger from said image data,

said monitoring unit performs said monitoring through utilization of said monitoring trigger, and

said monitoring unit feeds the distribution bit rate switching information of said image data through said communication unit in response to said receiving bit rate to be monitored.

6. The terminal device according to claim 5, further comprising a timer for counting time, wherein

said monitoring unit compares the time of said timer with a receiving start time of a next fragment specified by said monitoring trigger and starts said monitoring of the receiving bit rate from said time.

7. The terminal device according to claim 6, wherein

said monitoring unit compares a measured receiving bit rate with a bit rate switching condition recorded in a recording unit and feeds said bit rate switching information in response to a result of said comparison.

8. The terminal device according to claim 6, wherein said monitoring unit monitors a residual amount of said received image data stored at a recording unit, compares it with a bit rate switching condition recorded in a recording unit and feeds said bit rate switching information in response to a result of said comparison.

9. The terminal device according to claim 6, further comprising a decoder for decoding said received image data, wherein

said monitoring unit monitors a frame rate of said decoder, compares it with a bit rate switching condition recorded in a recording unit and feeds said bit rate switching information in response to a result of said comparison.

10. The terminal device according to claim 6, wherein said monitoring unit monitors a time stamp included in said received image data, compares it with a bit rate switching condition recorded in a recording unit and feeds said bit rate switching information in response to a result of said comparison.

11. The terminal device according to claim 6, wherein

said monitoring unit starts a monitoring from a receiving start time of a next fragment received to be specified by said monitoring trigger, finishes said monitoring upon completion of receiving of data of fragment size specified in said image data and calculates a receiving bit rate.

12. The terminal device according to claim 7, wherein

said monitoring unit starts a monitoring from a receiving start time of a next fragment received to be specified by said monitoring trigger, finishes said monitoring upon completion of receiving of data of fragment size specified in said image data and calculates a receiving bit rate.

13. The terminal device according to claim 6, further comprising a display unit for displaying said received image data; and an input instruction unit for receiving an input from a user, wherein

an instruction for changing a bit rate through said input instruction unit in regard to the image data displayed at said display unit is received and said instruction is fed as said switching information.